

WP CHAMPIONSHIP 2023

Date: 2023-02-26

Province: WESTERN PROVINCE

Top Athletes

#	Athlete	Run Time	Run Points	Run BP	Total Points	
Top 3 Runners						
1	2294	Kate Bihl	02:43.15	1077.70	7.50	1085.20
2	1428	Robert Swartz	01:28.92	1038.16	30.00	1068.16
3	3745	Kayla Fouche (Kenridge Ps)	01:26.92	1066.16	0.00	1066.16

#	Athlete	Swim Time	Swim Points	Swim BP	Total Points	
Top 3 Swimmers						
1	1776	Greg McLeroth	01:00.33	1098.35	15.00	1113.35
2	1414	Michael Archer	00:33.43	1067.85	24.00	1091.85
3	1258	Lize-Ahn Aucamp	01:07.66	1081.70	7.50	1089.20

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
Top 3 Athletes								
1	2294	Kate Bihl	02:43.15	1077.70	01:14.14	1074.30	15.00	2167.00
2	1414	Michael Archer	01:14.23	1041.54	00:33.43	1067.85	48.00	2157.39
3	1258	Lize-Ahn Aucamp	02:47.66	1046.68	01:07.66	1081.70	15.00	2143.38

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
U/08 GIRLS			National Record: N/A			Provincial Record: N/A	
1	3745 Kayla Fouche (Kenridge Ps)	01:26.92	1066.16	00:26.16	1044.20	0.00	2110.36 PB
2	3602 Hanneli vd Watt (Beaumont Ps)	01:37.49	1045.02	00:24.80	1051.00	0.00	2096.02 PB
3	3415 Alexia Ras (Kenridge Ps)	01:44.49	1031.02	00:38.78	981.10	0.00	2012.12 PB
4	4625 Charlotte Coetzee (Kirstenhof Ps)	02:01.55	996.90	00:35.72	996.40	0.00	1993.30 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
U/08 BOYS			National Record: N/A			Provincial Record: N/A	
1	4472 Connor van Onselen (Kenridge Ps)	01:31.73	1052.54	00:25.00	1040.00	0.00	2092.54 PB
2	4637 Joshua Botha (Stellenbosch PS)	01:40.15	1035.70	00:29.18	1019.10	0.00	2054.80 PB
3	4674 Maritz Stadler	01:54.99	1006.02	00:43.06	949.70	0.00	1955.72 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
U/09 GIRLS			National Record: N/A			Provincial Record: N/A	
1	3381 Kari Gericke (Durbanville Ps)	01:26.34	1041.32	00:48.26	1023.70	0.00	2065.02 PB
2	4952 Mieke Labuschagne	01:25.29	1043.42	00:51.38	1008.10	0.00	2051.52 PB
3	3710 Niah de Lange	01:34.08	1025.84	00:51.95	1005.25	0.00	2031.09
4	4539 Ella Odendaal (Kenridge Ps)	01:31.13	1031.74	00:53.20	999.00	0.00	2030.74
5	4676 Sophia Strydom (Durbanville Ps)	01:27.13	1039.74	00:57.96	975.20	0.00	2014.94
6	2784 Anca Peters (De Hoop Ps)	01:41.79	1010.42	00:53.75	996.25	0.00	2006.67
7	4578 Lakin Leibrandt	01:44.06	1005.88	00:54.75	991.25	0.00	1997.13 PB

8	2290	Nina Vancoillie (Durbanville Ps)	01:29.31	1035.38	01:04.42	942.90	0.00	1978.28
9	4435	Sofia Daniels (Curro Durbanville Ps)	01:44.43	1005.14	01:08.31	923.45	0.00	1928.59
10	4550	Mia van der Poll (Kenridge Ps)	01:38.97	1016.06	01:22.19	854.05	0.00	1870.11

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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U/09 BOYS

National Record: N/A

Provincial Record: N/A

1	3601	Markú Loubser (Durbanville Ps)	01:21.71	1042.58	00:46.93	1020.35	0.00	2062.93 PB
2	3112	Ekhardt Marais (De Hoop Ps)	01:26.26	1033.48	00:47.20	1019.00	0.00	2052.48 PB
3	3716	Hugo Janse van Rensburg (De Hoop Ps)	01:38.35	1009.30	00:46.31	1023.45	0.00	2032.75 PB
4	4240	Ruvan Jooste (Durbanville Ps)	01:27.80	1030.40	00:52.37	993.15	0.00	2023.55 PB
5	3615	Matthew Glover (Welgemoed Ps)	01:35.62	1014.76	00:49.58	1007.10	0.00	2021.86 PB
6	2980	Cobus Wentzel (Durbanville Ps)	01:26.91	1032.18	00:54.50	982.50	0.00	2014.68
7	4281	Mason Fourie (Gene Louw Ps)	01:24.55	1036.90	00:58.58	962.10	0.00	1999.00 PB
8	4441	Christiaan Taljaard (Durbanville Ps)	01:22.89	1040.22	01:01.83	945.85	0.00	1986.07
9	4236	Nicolaas Jordaan; (Durbanville Ps)	01:31.37	1023.26	00:58.60	962.00	0.00	1985.26 PB
10	3608	Jamie Thomas (Durbanville Ps)	01:40.47	1005.06	01:02.44	942.80	0.00	1947.86

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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U/11 GIRLS

National Record: N/A

Provincial Record: N/A

1	1319	Silke Aucamp (Kenridge Ps)	01:11.59	1052.82	00:41.85	1020.75	0.00	2073.57 PB
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2	3605	Dine van de Wal (Durbanville Ps)	01:10.47	1055.06	00:43.11	1014.45	0.00	2069.51	PB	
3	1278	Lienka De Jager (Durbanville Ps)	01:18.27	1039.46	00:40.70	1026.50	0.00	2065.96	PB	
4	4538	Kate Odendaal (Kenridge Ps)	01:24.34	1027.32	00:40.30	1028.50	0.00	2055.82	PB	
5	3606	Kaylee van de Wal (Durbanville Ps)	01:22.86	1030.28	00:41.64	1021.80	0.00	2052.08		
6	4639	Kirsti Davids (Beaumont Ps)	01:21.81	1032.38	00:42.13	1019.35	0.00	2051.73	PB	
7	4223	Erika Slabber (Curro Durbanville Ps)	01:25.97	1024.06	00:43.47	1012.65	0.00	2036.71	PB	
8	3382	Miene Fraenkel (De Hoop Ps)	01:23.78	1028.44	00:45.22	1003.90	0.00	2032.34		
9	3771	Annabelle van Onselen (Kenridge Ps)	01:25.03	1025.94	00:45.42	1002.90	0.00	2028.84	PB	
10	4225	Lea van Niekerk	01:26.62	1022.76	00:46.44	997.80	0.00	2020.56		
11	4957	Surie Potgieter	01:38.25	999.50	00:53.13	964.35	0.00	1963.85	PB	
12	4448	Marné van Eyssen (Durbanville Ps)	01:30.30	1015.40	01:00.87	925.65	0.00	1941.05	PB	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
U/11 BOYS				National Record: N/A			Provincial Record: N/A			
1	4540	Alexander Wetzl (Beaumont Ps)	01:11.23	1051.54	00:35.93	1040.35	0.00	2091.89	PB	
2	1236	Pierre Van Onselen (Kenridge Ps)	01:17.05	1039.90	00:34.93	1045.35	0.00	2085.25	PB	
3	3374	Guy Joyce (Durbanville Ps)	01:13.71	1046.58	00:37.06	1034.70	0.00	2081.28		
4	1443	Jean-Luc Joubert (Kenridge Ps)	01:09.65	1054.70	00:39.85	1020.75	0.00	2075.45	PB	
5	1437	Matthew Taylor (Kenridge Ps)	01:11.66	1050.68	00:40.25	1018.75	0.00	2069.43		

6	2285	Ryan Fouche (Kenridge Ps)	01:19.25	1035.50	00:39.79	1021.05	0.00	2056.55
7	2425	Benjamin Weijmans (Generations Somerset Wes)	01:21.69	1030.62	00:38.96	1025.20	0.00	2055.82
8	4636	Neels Botha (Stellenbosch PS)	01:14.06	1045.88	00:44.63	996.85	0.00	2042.73
9	2412	Stefanus Louw (Kenridge Ps)	01:12.97	1048.06	00:45.45	992.75	0.00	2040.81 PB
10	1301	Adriaan Van Dyk (Beaumont Ps)	01:22.30	1029.40	00:42.23	1008.85	0.00	2038.25
11	3371	Daniel Meets (Beaumont Ps)	01:19.01	1035.98	00:43.56	1002.20	0.00	2038.18 PB
12	3535	Ewan Marais (De Hoop Ps)	01:26.16	1021.68	00:40.71	1016.45	0.00	2038.13 PB
13	3715	Wihan Janse van Rensburg (De Hoop Ps)	01:26.43	1021.14	00:41.25	1013.75	0.00	2034.89 PB
14	4670	Jean Oelofse	01:13.27	1047.46	00:47.88	980.60	0.00	2028.06 PB
15	4635	Noah Botha (Stellenbosch PS)	01:19.53	1034.94	00:45.90	990.50	0.00	2025.44 PB
16	4507	Adrian Kuhn (Durbanville Ps)	01:20.15	1033.70	00:48.59	977.05	0.00	2010.75
17	4948	Renier van Deventer	01:14.83	1044.34	00:51.13	964.35	0.00	2008.69
18	1646	Henri Pretorius; (Kenridge Ps)	01:33.08	1007.84	00:46.58	987.10	0.00	1994.94
19	3711	Daandre Troost (Boston Ps)	01:26.80	1020.40	00:49.93	970.35	0.00	1990.75 PB
20	2981	Pieter Wentzel (Durbanville Ps)	01:27.01	1019.98	01:26.00	790.00	0.00	1809.98 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/13 GIRLS			National Record: N/A			Provincial Record: N/A		
1	2303	Leah Goebel (Durbanville Ps)	02:47.60	1018.80	00:35.64	1003.60	0.00	2022.40 PB

2	1347	Zani Van Dyk (Beaumont Ps)	03:04.26	985.48	00:35.22	1007.80	0.00	1993.28
3	1405	Lara Rosenstrauch (De Hoop Ps)	02:58.21	997.58	00:36.48	995.20	0.00	1992.78
4	1422	Yvette Louw (Kenridge Ps)	02:59.20	995.60	00:39.34	966.60	0.00	1962.20
5	1276	Mieke Havenga (Kenridge Ps)	02:57.45	999.10	00:40.25	957.50	0.00	1956.60 PB
6	1335	Heike Wessels (Vredeloof Ps)	02:49.49	1015.02	00:42.45	935.50	0.00	1950.52
7	3708	Mischa Laker (Durbanville Ps)	03:10.40	973.20	00:39.21	967.90	0.00	1941.10
8	1228	Kara Wentzel (Durbanville Ps)	03:10.67	972.66	00:43.47	925.30	0.00	1897.96
9	1420	Berne Peters (De Hoop Ps)	03:02.70	988.60	00:47.46	885.40	0.00	1874.00
10	4474	Helen Van Eck (Gene Louw Ps)	03:22.71	948.58	00:45.43	905.70	0.00	1854.28 PB
11	1288	Livia Vancoillie (Durbanville Ps)	03:31.32	931.36	00:47.66	883.40	0.00	1814.76
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/13 BOYS			National Record: N/A			Provincial Record: N/A		
1	1438	Delmar Benecke (Jan van Riebeeck Ps)	02:25.09	1055.82	00:33.57	1024.30	0.00	2080.12
2	2280	Jean Troskie (Durbanville Ps)	02:40.06	1025.88	00:32.71	1032.90	0.00	2058.78 PB
3	3019	Nico Swart (Lochnerhof Ps)	02:43.46	1019.08	00:32.66	1033.40	0.00	2052.48
4	3744	Van Zyl Möller (Eversdal Ps)	02:35.16	1035.68	00:35.43	1005.70	0.00	2041.38 PB
5	1645	Theo Pretorius (Kenridge Ps)	02:40.31	1025.38	00:36.03	999.70	0.00	2025.08 PB
6	1247	Jack Fouche (Kenridge Ps)	02:41.44	1023.12	00:36.22	997.80	0.00	2020.92

7	1227	Stephan Pienaar (Welgemoed Ps)	02:38.32	1029.36	00:37.28	987.20	0.00	2016.56
8	2409	Keegan Michael (Beaumont Ps)	02:37.96	1030.08	00:37.37	986.30	0.00	2016.38
9	1423	Wian Joubert (Durbanville Ps)	02:48.50	1009.00	00:36.31	996.90	0.00	2005.90
10	2279	Roean Troskie (Durbanville Ps)	03:11.09	963.82	00:33.03	1029.70	0.00	1993.52 PB
11	1238	Franko Peters (De Hoop Ps)	02:36.69	1032.62	00:41.94	940.60	0.00	1973.22 PB
12	1270	Ben Louw (Durbanville Ps)	02:54.60	996.80	00:38.56	974.40	0.00	1971.20
13	2875	Matthew Thomas (Durbanville Ps)	02:57.97	990.06	00:39.31	966.90	0.00	1956.96
14	4440	Heinrich Taljaard (Durbanville Ps)	03:03.06	979.88	00:43.12	928.80	0.00	1908.68 PB
15	1430	Trowyk Troost (Totius Ps)	03:23.86	938.28	00:40.41	955.90	0.00	1894.18
16	4641	Chezlin Pekeur	03:10.81	964.38	00:48.67	873.30	0.00	1837.68 PB

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/15 GIRLS			National Record: N/A			Provincial Record: N/A		
1	1431	Amy Combrink (Herschel Girls Hs)	02:48.10	1009.80	01:02.56	1062.20	0.00	2072.00 PB
2	1245	Almi Geysler (Bloemhof Hs)	02:36.61	1032.78	01:07.83	1035.85	0.00	2068.63
3	1315	Tatiana Thomatos (Reddam Durbanville Hs)	02:27.51	1050.98	01:13.28	1008.60	0.00	2059.58
4	1418	Larah Aucamp (Kenridge Ps)	02:30.29	1045.42	01:13.79	1006.05	0.00	2051.47
5	2871	Eva Neumann (Somerset College Ps)	02:53.25	999.50	01:06.85	1040.75	0.00	2040.25
6	3621	Kendra Matthysen (Pinelands High)	02:51.85	1002.30	01:08.20	1034.00	0.00	2036.30 PB

7	3607	Juane Burger (Durbanville Ps)	02:45.63	1014.74	01:11.91	1015.45	0.00	2030.19
8	3589	Lia Assad (Durbanville Hs)	02:57.40	991.20	01:09.63	1026.85	0.00	2018.05 PB
9	1321	Lara Stander (Durbanville Ps)	02:27.22	1051.56	01:25.79	946.05	0.00	1997.61
10	1255	Mieka Vermeulen (Kenridge Ps)	02:37.81	1030.38	01:21.89	965.55	0.00	1995.93
11	4220	Simoné Gerber (Curro Sitari Hs)	03:06.29	973.42	01:11.15	1019.25	0.00	1992.67
12	1350	Anke Stander (Durbanville Ps)	02:30.10	1045.80	01:25.91	945.45	0.00	1991.25
13	3628	Ane Cloete (Durbanville Hs)	02:58.64	988.72	01:16.00	995.00	0.00	1983.72
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/15 BOYS			National Record: N/A			Provincial Record: N/A		
1	2411	Daniël Grové (Home school WP)	02:15.26	1055.48	01:04.41	1042.95	0.00	2098.43 PB
2	1268	Rosseau Burger (Paul Roos Hs)	02:32.77	1020.46	01:05.43	1037.85	0.00	2058.31 PB
3	1022	Thomas van der Merwe (Paul Roos Hs)	02:30.98	1024.04	01:07.65	1026.75	0.00	2050.79
4	1208	Niel Conradie (Durbanville Ps)	02:26.63	1032.74	01:13.85	995.75	0.00	2028.49
5	1307	Jean-Roux Wessels (Stellenberg Hs)	02:20.89	1044.22	01:16.82	980.90	0.00	2025.12 PB
6	1211	Liam Els (Welgemoed Ps)	02:23.04	1039.92	01:17.41	977.95	0.00	2017.87
7	3619	Eben de Jongh (Durbanville Hs)	02:32.55	1020.90	01:14.41	992.95	0.00	2013.85
8	1244	Albert Griesel (Jan van Riebeeck Hs)	02:19.17	1047.66	01:26.50	932.50	0.00	1980.16 PB
9	3626	Hanru Steyn (Durbanville Hs)	03:02.39	961.22	01:12.34	1003.30	0.00	1964.52

10	4541	Hugo Wetzl (Beaumont Ps)	02:43.30	999.40	01:22.06	954.70	0.00	1954.10
11	4956	Jean-Louis Coetzee	02:55.58	974.84	01:17.69	976.55	0.00	1951.39 PB
12	3764	Handro Cloete	02:18.88	1048.24	02:00.44	762.80	0.00	1811.04 PB
13	4640	Jordan Benson	02:53.44	979.12	01:51.60	807.00	0.00	1786.12

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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U/17 GIRLS

National Record: N/A

Provincial Record: N/A

1	1385	Mila Aucamp (Durbanville Hs)	02:22.38	1061.24	01:06.60	1042.00	0.00	2103.24
2	1416	Wilmien Verbeek (Curro Durbanville Hs)	02:21.63	1062.74	01:08.31	1033.45	0.00	2096.19 PB
3	2342	Maric De Roubaix (Bloemhof Hs)	02:31.88	1042.24	01:07.00	1040.00	0.00	2082.24
4	1362	Alice Venter (Curro Durbanville Hs)	02:22.60	1060.80	01:13.25	1008.75	0.00	2069.55 PB
5	3730	Anneke Stassen (Durbanville Hs)	02:58.44	989.12	01:14.40	1003.00	0.00	1992.12
6	2277	Michelle Carien van Rooyen (Durbanville Hs)	03:03.21	979.58	01:14.78	1001.10	0.00	1980.68
7	1318	Olivia Wilson (Durbanville Hs)	02:33.71	1038.58	01:32.45	912.75	0.00	1951.33
8	1261	Caitlin De Kock (Durbanville Hs)	03:01.97	982.06	01:35.61	896.95	0.00	1879.01

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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U/17 BOYS

National Record: N/A

Provincial Record: N/A

1	1444	Liam Clarke (Paul Roos Hs)	02:12.28	1039.44	00:57.88	1050.60	0.00	2090.04
2	1371	Jacques Geyser (Paul Roos Hs)	02:14.74	1034.52	00:59.77	1041.15	0.00	2075.67 PB
3	3614	Callum Koekemoer (Durbanville Hs)	02:14.93	1034.14	00:59.76	1041.20	0.00	2075.34 PB

4	1359	Joshua Bannister (Fairmont Hs)	02:14.08	1035.84	01:00.55	1037.25	0.00	2073.09
5	2410	Hannes Grové (Home school WP)	02:15.15	1033.70	01:01.08	1034.60	0.00	2068.30 PB
6	1283	Alexander Benecke (Rondebosch Hs)	02:15.93	1032.14	01:00.84	1035.80	0.00	2067.94
7	1390	Luan Stander (Paarl Boys Hs)	02:15.64	1032.72	01:02.11	1029.45	0.00	2062.17 PB
8	2276	Juan van Tubbergh (Stellenberg Hs)	02:17.06	1029.88	01:06.25	1008.75	0.00	2038.63
9	3613	Quinn Dick Koekemoer (Durbanville Hs)	02:32.94	998.12	01:00.51	1037.45	0.00	2035.57
10	2348	Cullen Clarke (Paul Roos Hs)	02:17.66	1028.68	01:06.92	1005.40	0.00	2034.08 PB
11	4239	Garrick Heyes. (Parel Vallei Hs)	02:38.16	987.68	01:05.81	1010.95	0.00	1998.63
12	1212	Eugene Theron (Durbanville Hs)	02:31.44	1001.12	01:09.13	994.35	0.00	1995.47
13	1235	Stephan Griesel (Jan van Riebeeck Hs)	02:18.28	1027.44	01:15.08	964.60	0.00	1992.04
14	3603	Ivan Gouwsventer (Durbanville Hs)	02:27.15	1009.70	01:11.84	980.80	0.00	1990.50
15	3604	Sven Gouwsventer (Durbanville Hs)	02:27.87	1008.26	01:12.71	976.45	0.00	1984.71
16	1340	Christiaan Pienaar (Durbanville Hs)	02:17.94	1028.12	01:21.96	930.20	0.00	1958.32
17	4561	Luan Strydom	02:51.10	961.80	01:14.18	969.10	0.00	1930.90 PB

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Athlete

Run Time

RP

Swim Time

SP

BP

Total Points

U/19 GIRLS

National Record: N/A

Provincial Record: N/A

1	1421	Marne Campbell (Reddam Durbanville Hs)	02:34.13	1039.74	01:05.46	1057.70	0.00	2097.44 PB
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2	4238	Danielle Heyes (Parel Vallei Hs)	02:35.92	1036.16	01:06.75	1051.25	0.00	2087.41 PB
3	1643	Danel Rossouw (Reddam Durbanville Hs)	02:39.09	1029.82	01:06.48	1052.60	0.00	2082.42
4	3620	Nina Matthysen; (Pinelands High)	03:01.79	984.42	01:08.58	1042.10	0.00	2026.52 PB
5	1215	Mienke Herbst (Jan van Riebeeck Hs)	03:02.88	982.24	01:11.41	1027.95	0.00	2010.19
6	1320	Julia Monk (Reddam Constantia Hs)	03:07.30	973.40	01:18.97	990.15	0.00	1963.55

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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U/19 BOYS

National Record: N/A

Provincial Record: N/A

1	1230	Leonardo Van der Werf (Paarl Boys Hs)	01:57.13	1063.74	01:01.16	1034.20	0.00	2097.94
2	3717	Kiaan Terblanche (Stellenberg Hs)	02:22.04	1013.92	00:57.10	1054.50	0.00	2068.42 PB
3	3585	Stephan Strydom (Stellenberg Hs)	02:22.63	1012.74	00:58.73	1046.35	0.00	2059.09 PB
4	1400	Sebastien Theron (Durbanville Hs)	02:28.28	1001.44	01:07.66	1001.70	0.00	2003.14
5	4217	Mark Laker (Durbanville Hs)	02:30.43	997.14	01:06.93	1005.35	0.00	2002.49

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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SENIORS WOMEN

National Record: N/A

Provincial Record: N/A

1	3597	Zelda De Kock	02:37.96	1040.08	01:12.88	1030.60	45.00	2115.68 PB
2	4460	Nicola Hobbs	02:47.27	1021.46	01:22.54	982.30	27.00	2030.76
3	1284	Renee Peters	04:05.08	865.84	01:37.00	910.00	48.00	1823.84
4	4579	Tammy Leibrandt	03:01.08	993.84	02:04.93	770.35	39.00	1803.19 PB

SENIORS MEN			National Record: N/A			Provincial Record: N/A		
1	4552	Coenraad van Eyssen	02:21.18	1005.64	01:14.15	979.25	45.00	2029.89 PB
2	1299	Adrin Strydom	02:38.73	970.54	01:12.44	987.80	0.00	1958.34
3	4671	Cadin Leibrandt	02:58.36	931.28	01:28.42	907.90	42.00	1881.18 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
JNR WOMEN			National Record: N/A			Provincial Record: N/A		
1	1659	Karli Coetzee	02:37.24	1041.52	01:13.63	1026.85	0.00	2068.37
2	3767	Carlah Kayser	02:53.54	1008.92	01:07.94	1055.30	0.00	2064.22
3	1429	Rebecca Monk	02:33.41	1049.18	01:17.52	1007.40	0.00	2056.58
4	2265	Isabella Cockeran	02:40.02	1035.96	01:15.84	1015.80	0.00	2051.76
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
JNR MEN			National Record: N/A			Provincial Record: N/A		
1	1225	Beurick Kayser	02:02.98	1042.04	01:06.12	1004.40	0.00	2046.44
2	1412	Emihl Rossouw	02:20.24	1007.52	01:01.17	1029.15	0.00	2036.67
3	3762	Marno Yzelle	02:11.02	1025.96	01:15.09	959.55	0.00	1985.51 PB
4	4634	Ebert Wessels	02:16.35	1015.30	01:17.68	946.60	0.00	1961.90 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 40+ WOMEN			National Record: N/A			Provincial Record: N/A		
1	1258	Lize-Ahn Aucamp	02:47.66	1046.68	01:07.66	1081.70	15.00	2143.38
2	2471	Sunee Pretorius	02:45.37	1051.26	01:11.59	1062.05	10.00	2123.31
3	1311	Jozanne Louw	02:46.88	1048.24	01:13.55	1052.25	20.00	2120.49
4	4629	Annelize de Villiers	03:10.47	1001.06	01:33.80	951.00	20.00	1972.06 PB

5	4679	Leonie Viljoen	03:21.91	978.18	01:33.54	952.30	5.00	1935.48 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 40+ MEN			National Record: N/A			Provincial Record: N/A		
1	1497	Rowan Marais	02:22.68	1026.64	01:01.50	1067.50	35.00	2129.14
2	4624	Deon Coetzee	02:20.71	1030.58	01:04.44	1052.80	40.00	2123.38 PB
3	1297	Neill van der Walt	02:16.88	1038.24	01:11.55	1017.25	10.00	2065.49
4	3772	Ettienne Oelofse	02:25.40	1021.20	01:16.05	994.75	25.00	2040.95 PB
5	1277	Derick Troost	02:41.59	988.82	01:06.81	1040.95	5.00	2034.77 PB
6	1233	Ben Peters	02:42.53	986.94	01:08.87	1030.65	5.00	2022.59
7	4673	Johan Stadler	02:52.71	966.58	01:18.74	981.30	0.00	1947.88
8	4475	Herman Reinders	00:00.00	0.00	01:16.53	992.35	30.00	1022.35
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 50+ WOMEN			National Record: N/A			Provincial Record: N/A		
1	2294	Kate Bihl	02:43.15	1077.70	01:14.14	1074.30	15.00	2167.00
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 50+ MEN			National Record: N/A			Provincial Record: N/A		
1	1334	Roger Bezuidenhout	02:25.78	1042.44	01:03.38	1083.10	0.00	2125.54
2	1776	Greg McLeroth	02:59.21	975.58	01:00.33	1098.35	30.00	2103.93 PB
3	1417	Thys Lombard	03:20.71	932.58	01:08.21	1058.95	40.00	2031.53
4	2297	Juan Slabbert	02:35.39	1023.22	01:19.88	1000.60	5.00	2028.82
5	4632	Edward West	03:02.82	968.36	01:26.37	968.15	35.00	1971.51
6	2347	Mike Clarke	03:06.20	961.60	01:29.30	953.50	15.00	1930.10
7	1394	Jason Monk	02:35.80	1022.40	01:45.53	872.35	20.00	1914.75

MASTERS 60+ WOMEN			National Record: N/A				Provincial Record: N/A	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
1	1274 Ashley Jane Fairweather	01:36.54	1028.92	00:38.90	1055.50	0.00	2084.42 PB	
2	1250 Linda du Bruyn	01:24.17	1053.66	00:48.38	1008.10	0.00	2061.76	
MASTERS 60+ MEN			National Record: N/A				Provincial Record: N/A	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
1	1414 Michael Archer	01:14.23	1041.54	00:33.43	1067.85	48.00	2157.39	
2	1369 Tertius du Bruyn	01:26.63	1016.74	00:44.66	1011.70	24.00	2052.44	
MASTERS 70+ MEN			National Record: N/A				Provincial Record: N/A	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
1	1428 Robert Swartz	01:28.92	1038.16	01:03.65	946.75	60.00	2044.91	
SPECIAL NEEDS MALE			National Record: N/A				Provincial Record: N/A	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
1	1308 Liam Trelawney	01:47.59	1024.82	00:51.40	968.00	0.00	1992.82	
2	1287 Bernie Manzoni	04:16.19	727.62	01:26.38	793.10	0.00	1520.72	

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